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EVALUATION OF THE ACTUAL NUTRITION OF MILITARY ATHLETES AT HOME CONDITIONS

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Resume

The study carried out a retrospective analysis of the actual nutrition at home after the competition of 502 military athletes aged 20 to 40 years using a 24-hour nutrition reproduction, questionnaire and food diary. The daily diet of military athletes at home does not meet the criteria for a hygienically healthy diet, the content of flour, sugar, rice, bread and pasta in the diet is above the norm, the total amount of various fruits and fruit juices is 48% compared to the norm and is provided by 51%. In the diet, the consumption of vegetables was 63,7%, and the consumption of potatoes – 39,7%. The actual consumption of proteins in the diet was 79,2%, fat–78,7%, carbohydrates–99,2%. Deficiency of calories and macronutrients in the diet of military athletes has a negative impact on recovery and high performance, leading to the development of various diseases associated with metabolic disorders.

Key words: military athletes, actual nutrition, chemical composition of the diet, food products, diet.

ҲАРБИЙ СПОРТЧИЛАРНИНГ УЙ ШАРОИТИДАГИ МУТЛАҚ ОВҚАТЛАНИШИ БАҲОЛАШ

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Резюме

Тадқиқотда 23 та турли йўналишдаги мусобақаларда иштирок этувчи терма жамоаларнинг 20 ёшдан 40 ёшгача бўлган жами 502 нафар ҳарбий спортчиларнинг мусобақалардан кейинги даврда уй шароитидаги мутлақ овқатланиши 24-соатлик (кунлик) овқатланиш тартиби, анкета-сўровномалар ва овқатланиш кундалиги ёрдамида ретроспектив таҳлил қилинди. Ҳарбий спортчиларининг уй шароитидаги кунлик овқатланиш рациони гигиеник жиҳатдан соғлом овқатланиш меъзонларига тўғри келмайди, рацион таркибида нон маҳсулотларидан ун, шакар, гуруч, нон ва макарон миқдори меъёрга нисбатан ортиқча бўлиб, турли мева ва мева резаворлар шарбатларининг умумий миқдори 4-меъёрга нисбатан мос равишда 48% ва 51% га таъминланган. Рацион таркибида сабзовотларнинг истеъмол даражаси 63,7% ни ташиқил қилган бўлса, картошканинг истеъмол даражаси эса 39,7% ни ташиқил қилди. Рациондаги оқсилларнинг истеъмол даражаси 79,2% ни, ёғларнинг миқдори 78,7% ни, карбонсувларнинг миқдори эса 99,2% ни ташиқил қилган бўлиб, барча макронутриентлар 4-меъёрга нисбатан кам истеъмол қилинганлиги аниқланди. Озиқ-овқатларнинг қувватмандлиги ва макроэлементларни етарли миқдорда истеъмол қилинмаслиги сабабли, ҳарбий спортчиларнинг тикланиш ва фаолиятнинг юқори самарадорлигига салбий таъсир кўрсатиб, метоболик жараёнларнинг бузилиши билан боғлиқ турли хил касалликларнинг ривожланишига шароит яратди.

Калит сўзлар: ҳарбий спортчилар, мутлақ овқатланиш, рационнинг кимёвий таркиби, озиқ-овқатлар, овқатланиш тартиби

ОЦЕНКА ФАКТИЧЕСКОГО ПИТАНИЯ ВОЕННЫХ СПОРТСМЕНОВ В ДОМАШНИХ УСЛОВИЯХ

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Резюме

В исследовании проведен ретроспективный анализ фактического питания в домашних условиях после соревнований 502 военных спортсменов в возрасте от 20 до 40 лет, методом 24-часового воспроизведения питания, анкетирования и дневника питания. Суточный рацион военных спортсменов в домашних условиях не соответствует критериям гигиенически здорового питания, содержание в рационе муки, сахара, риса, хлеба и макаронных изделий выше нормы, общее количество различных фруктов и плодово-ягодных соков составляет 48% по сравнению с нормой и обеспечено на 51%. В рационе потребление овощей составило 63,7%, а потребление картофеля – 39,7%. Фактической потреблением белков в рационе составило 79,2 %, жиров - 78,7%, углеводов - 99,2%. Дефицит калорий и макронутриентов в рационе питания военных спортсменов оказывает негативное влияние на восстановление и высокую работоспособность, приводя к развитию различных заболеваний, связанных с нарушением метаболического процесса.

Ключевые слова: военные спортсмены, фактическое питание, химический состав рациона, продукты питания, рацион.

Relevance

The urgency of the problem. Against the background of high physical and mental loads typical of military sports, changes in metabolic processes in athletes' bodies, increased oxidation processes, increased energy consumption, and excessive sweating are observed as a result of a lot of liquid and mineral salts leaving the body. This leads to an increase in the need for macro and micronutrients, antioxidants and biologically active substances in the body of military athletes. In such conditions, proper and high-quality organization of a rational diet plays an important role in order to ensure a high level of efficiency of the organism and to improve the adaptation of the organism to intensive training [8, 9, 10]. In most cases, the daily energy consumption of military athletes is several times higher than that of other segments of the population, and their daily energy consumption can be 8000 kcal or more [3,4,11].

At the same time, the body of military athletes should replace the spent energy not only at the expense of proteins, fats and carbohydrates, but also at the expense of vitamins, minerals, dietary fibers and other physiologically active substances and compounds to meet the needs of the body. One of the main tasks of nutrition is to increase the efficiency of the body, delay the onset of fatigue, accelerate the recovery process after physical exertion, prevent immune deficiency, and stabilize body weight [1,2,7].

In scientific research related to the study of nutrition of athletes, most scientific and practical researchers limit themselves to the analysis of the actual nutrition of athletes, their preparation for competitions and their eating habits during competitions [12,13], while in our research, we analyzed the fish of military athletes not only during preparation for competitions and during competitions, we decided to analyze the state of nutrition at home.

The purpose of the study. It consists of evaluating the absolute nutritional status of military athletes at home in the post-competition period.

Materials and methods of research. During the scientific research, the absolute diet of the military athletes of different national teams of the Ministry of Defense was hygienically analyzed during the daily 24-hour period with the help of dietary patterns, questionnaires and food diaries. A total of 502 military athletes from 20 to 40 years of age of national teams participating in 23 different competitions were involved in the research. Their diet during the day SanMvaQ 0007-2020 "Average daily rational nutrition norms aimed at ensuring healthy nutrition for the population of the Republic of Uzbekistan by age, gender and professional activity groups" [14] requirements of sanitary standards and regulations and the amount of the chemical

composition of the daily diet "Food products chemical composition" [15].

Statistical processing of the research results was done using the "Statistica for Windows 7.0" personal computer application package.

Analysis of the obtained results. In the course of this scientific research, we decided not only to study the organized diet of military athletes

during the preparation and competition process, but also to study their unorganized diet, i.e. at home, and to study the absolute nutrition of military athletes throughout the year in a hygienic way by evaluating its effects.

Tables 1 and 2 show the daily food ration of military athletes at home in the winter season and the amount of macronutrients in the ration.

Table 1
Quantitative indicators of daily food products consumed by military athletes at home in the winter season outside of competitions

№	Name of products Standard	No. 4	absolute amount of consumption	%	Less than the standard, g
1.	Bread and flour products	750	840±9,6	112	+90
2.	Rice and cereal products	87	163±4,7	187	+76
3.	Pasta	55	67±2,3	122	+12
4.	Sausage	0	24±1,6	-	+24
5.	Grade 1 beef	250	110±3,4	44	-140
6.	Chicken	0	52	-	+52
7.	Cleaned headless fish	100	23±1,5	23	-77
8.	Vegetable oil	60	48±2,0	80	-12
9.	82.5% Butter	50	38±1,7	76	-12
10.	Melted animal fat	20	12±1,0	60	-8
11.	2% sterile cow's milk	200	63±2,2	32	-137
12.	Semi-smoked sausage	25	12±0,9	48	-13
13.	45% cheese	25	8±0,7	32	-17
14.	Type 1 eggs (units)	1	1±0,05	100	0
15.	Sugar	60	65±1,1	108	+5
16.	Natural honey	30	6±0,04	20	-24
17.	Iodized table salt	10	18±0,9	180	+8
18.	Tea	2	3±0,03	150	+1
19.	Spices	0,9	10,2±0,6	1133	+9,3
20.	3% acetic acid	2	1±0,03	50	-1
21.	30% tomato paste	10	8±0,6	80	-2
22.	Potatoes	600	238±6,2	39,7	-362
23.	Vegetables	400	255±6,7	63,7	-145
24.	Fresh fruits (apples)	100	48±2,0	48	-52
25.	Fruit berry juice	100	51±1,3	51	-49
26.	Yogurt	0	28	-	+28
27.	Margarine	0	12	-	+12
28.	Drozji	0	1	-	+1
29.	Chocolate	0	8	-	+8
30.	Pears and grapes	0	18	-	+18
31.	Dried grapes	0	10	-	+10
32.	Almonds, candied pistachios and walnuts	0	20	-	+20
33.	Banana, orange and lemon	0	41	-	+41

Note: *-reliability of the difference of the ratio of the obtained indicators compared to the physiological norm is $P > 0.05$.

During the study, it was found that the daily diet of athletes in the winter season consisted of the consumption of more doughy, fried, salty, spicy and fried foods.

The analysis of military sportsmen's unorganized way, i.e., the winter season's diet, based on a total of 502 questionnaires, shows that the consumption ratio of sportsmen's daily products is significantly different from the nutritional indicators of the teams.

The diet of military personnel outside of competitions, i.e. at home, differed from each other in different months of the winter season. In December of the winter season, the amount of meat and sausage products in the share of the total consumed products was lower than in January and February. The product was significantly different from the meat product standard specified in the 4th standard. In particular, it was found that in the winter season, the consumption level of meat in the ration from home is 44% on average, and the amount of consumption is less than 2.2 times.

In terms of the macronutrient content of the diet of military athletes, it was found that the consumption of rice and cereal products in the winter season was 187%, 1.8 times more than the norm. We can explain the higher than normal consumption of these products in the winter season by the relatively cheapness of the products.

The level of consumption of vegetables shown in Table 1 was 64% compared to norm 4 in the winter season and was found to be 143.0 grams or 1.5 times less.

In the winter season, the absolute consumption of bread products at home by military athletes was 112%, 1.12 times higher than the 4th standard.

Excessive consumption of flour products destroys the intestinal microflora, hinders the digestion of nutrients and the development of useful cholesterol, and has a negative effect on the functioning of the gastrointestinal system.

Excessive consumption of bread products can lead to the development of obesity-related diabetes and cardiovascular system diseases as a result of the activation of metabolic processes in the body of a military athlete.

Taking into account that the daily consumption of potatoes according to the 4th norm is 600.0 grams, the daily consumption level of this product in the winter season was 39.6%, which shows that it is 2.5 times less than the physiological norm.

The benefits of various yellow fruits for the body of military athletes are incomparable. Fruits are a valuable source of vitamins, dietary fibers and minerals, and antioxidants contained in fruits, beta-carotene, vitamin A and vitamin C protect cells from aging and diseases. It was found that the level of consumption of fruits in the winter season is 48%, which is 2 times less than the norm.

Also, as can be seen from Table 1, during the winter season, military athletes consumed an average of 41.0 grams per day of citrus fruits such as bananas, oranges, and lemons, which are not specified in the 4th norm, and although the consumption of these products can satisfy the body's requirements in some sense, local grown in the conditions of our republic does not replace natural fruit products.

Quantitative indicators of macronutrients in daily food products consumed by military athletes at home are shown in Table 2.

2 - table

Quantification of macronutrients in the daily food intake of military athletes at home

Macronutrients	Standard 4 (g)	Consumption amount	Difference from norm (%)
Proteins	202	160±0,9	79,2
animal protein	98	51±0,4	52,0
vegetable protein	104	109±0,7	104,8
Oils	216	170±0,9	78,7
animal fat	140	90±0,6	64,2
vegetable oil	76	80±0,5	105,2
Carbohydrates	756	750±1,9	99,2
Power, kcal	5807	5189±10,8	89,3
O:Yo:K ratio	1:1,1:3,7		1:1,1:4,7

Note:* - the reliability of the difference in the ratio of the indicators obtained compared to the physiological norm is $P > 0.05$.

The role of macronutrients in the diet of military athletes is very important. Proteins, fats and carbohydrates, which are considered essential nutrients for the athlete's body, satisfy other needs of the body related to plasticity, energy and cell metabolism. Proteins are also important in the diet of military athletes, because proteins are the primary source of amino acids in the body, which are necessary for the building and repair of muscles and tissues. The amount of protein in the diet of athletes involved in vigorous activities can be up to two times higher than in other segments of the population. Regular consumption of proteins by military athletes prevents protein catabolism and has a positive effect on the rapid recovery process. This helps prevent injury and loss of muscle mass over time. As can be seen from Table 2, the total consumption level of proteins in the diet of military athletes is 79.2% compared to the 4th norm, in which the consumption level of animal proteins is 52.0%, and the consumption level of plant proteins is 104.8% compared to the norm. The data obtained as a result of the research shows that the level of total protein consumption of military athletes in the winter season is 1.2 times less than the norm, the level of animal protein consumption is almost 2 times less, and we can see that vegetable proteins are 4.8% more.

The role of fats in the diet of military athletes is also important. Because, besides being extremely important in hormone metabolism, fats are a high-concentration energy reserve in the body. In sports characterized by intensive physical loads, the ratio of proteins and fats is O:O 1:0.7. In addition, the percentage of vegetable oils in the total fat content of athletes' diet should not be less than 25%. Because vegetable oils contain semi-unsaturated fatty acids, vitamin F and phosphatides (lecithin), which prevent the occurrence of fatty infiltration in the liver. However, to meet the needs of high-volume training, the proportion of fat in the diet can be safely increased to 50%. Athletes trying to reduce body fat can reduce their fat intake to 20 percent of their daily calories.

The total amount of fats consumed at home by military athletes was 78.7% or 168 grams compared to the 4th norm, the level of consumption of animal fats was 64.2%, and vegetable oils was 105.2%. We can see that vegetable oils are 5.2% more than the specified norm due to the introduction of margarine products, pistachio nuts, walnuts and almond products, which are not included in the 4th

standard. On the other hand, the lower than normal consumption of animal fats can be explained by the lower consumption of animal products such as meat, cheese and sausages in the diet.

Due to the important role of carbohydrates in the home diet of military athletes, special attention is paid to carbohydrates in their diet. Carbohydrates are generally the preferred energy source for many athletes, especially for high-intensity and long-duration exercise, in order to provide sufficient glycogen stores and blood glucose levels to efficiently perform physical exertion during exercise. The level of consumption of carbonated water at home was almost the same as the 4th norm and made 99.2%.

The obtained results show that the absolute nutritional indicators of military athletes at home can decrease by -10.7% of their total capacity compared to the temporarily established standard 4, and the athletes can have a negative impact on the physical capabilities of the body, endurance and recovery abilities. Statistical analysis of the nutritional and biological value of these products shows that the ratio of protein, fat and carbohydrates in their composition is 1:1, 1:4,7, respectively, which has a negative effect on the physical condition of military athletes and affects the endurance and speed of the body. can have an effect.

Conclusions

1. The daily food ration of military athletes at home does not meet the standards of hygienically healthy eating, the amount of flour, sugar, rice, bread and pasta from bread products in the ration is excessive compared to the norm, and the total amount of various fruit and berry juices is in accordance with the 4th norm 48% and 51% provided.

2. The amount of vegetables in the daily diet is not organized, the level of consumption in the diet at home

By 63.7% or 1.5 times, potato consumption was 39.7% or 2.5 times less.

3. The level of consumption of proteins in home conditions was 79.2%, the amount of fats was 78.7%, and the amount of carbohydrates was 99.2%, and all macronutrients were consumed less than the 4th norm.

4. The level of consumption of macronutrients examined in the home daily diet of military athletes does not correspond to the requirements of the 4th standard. Due to the power of food and insufficient consumption of macroelements, it has a negative effect on the recovery and high

performance of military athletes, and creates conditions for the development of diseases associated with various metabolic disorders.

5. A number of noticeable differences in the strength of the ration and the results of the analysis of the macronutrient composition of the products during home nutrition have a negative effect on the cellular nutrition system of the athlete's body.

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